

# Montgomery County News Release



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## **Montgomery County Recreation Announces New Spring Programs for Adults 55+**

The Montgomery County Department of Recreation's Spring "Guide to Recreation & Leisure Services" will be available in early February. There are several exciting new special events and programs being offered for county residents 55 and older. These include the **Montgomery's Got Talent** county-wide event that will be taking place at various senior centers and neighborhood senior programs during the months of April and May. Senior adults will compete in a range of talent competitions with the finalists from each location competing in a finals competition in late May at the Bethesda Theatre. Registration forms, rules, fee information, etc., is available by calling the Senior Programs office at 240-777-4925.

The Recreation Department's Senior Programs Team offers a variety of travel opportunities for seniors who would like to explore many of the special places the Washington, DC, and mid-Atlantic region has to offer. For those wishing to take short (5-6) hour trips to restaurants, historic sites, museums, etc., in and around Montgomery County, the county "mini-trip" program provides each county-sponsored senior programs site a county bus one time per month. Each site plans its own trips. A list of the trips planned through June is available in the Spring Guide.

The **SOAR** (Senior Outdoor Adventures in Recreation) program is a county-wide program designed for the more active senior. Most trips include walking tours with docents or step on guides, or activities of a more strenuous nature. Trips this spring include: The Air & Space Museum & Annex at Dulles Airport; a Potomac River cruise and visit to the Newseum during Cherry Blossom time; walking tours of the National Mall, Gettysburg Battlefield, and Solomon's Island; walking and riding tours of the historic areas of Philadelphia, Richmond, and Harrisburg, PA; a sailing trip on the Chesapeake Bay; and whitewater rafting on the Shenandoah River. Four baseball games are scheduled as well. All details are available in a brochure that is available at all county sponsored senior program locations and public libraries or can be mailed out by calling 240-777-4925.

Lastly, the Department has recently created the **NEAT** (New Exciting Adult Travel for those 55+) Trips program. This program incorporates many of the best features of the mini trip and SOAR programs, but is less strenuous in nature than the SOAR program and travel further afield than the mini-trip program. Trips this spring include two trips to New York City to see the smash-hit musical “Memphis,” the Philadelphia Flower Show; trips to the Springfest in Ocean City, MD; the Winchester, VA., Wine & Fine Arts Festival; and the Brandywine River Museum & Winterthur. Participants are encouraged to offer suggestions for future trips. Flyers are available at all county-sponsored senior program locations and libraries or can be mailed out by calling 240-777-4925.

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